



idea sheet

Organization Goals and Gratitude

FIRST-- Have you completed your mind “dump” and put all the ideas and to-do items from you mind on paper? Circle the TOP 3, create action items. Now circle 3 more items, less urgent. You have 6 items from your list, each with an action item. Now lets get gratitude.

Fill in the spaces below with your observations to increase your gratitude.

1. I look around and notice feelings of warmth and happiness when I see/ think of _____
_____.

Take a few deep breaths and expand those feelings in your mind and heart.

2. The reasons I am grateful for these “things” are _____

_____.

3. I want to replicate these positive feelings by doing or having _____

_____.



4. Recognizing these feelings I want to do more of the following_____

The ACTION Steps I will take TODAY include:

1.

2.

3.

4.



5.

It's that simple. Keep building the feelings of gratefulness and build goals and action items around that state of being.

Increase the grateful emotional state, set goals and plan.

Let your spirit soar and dream in that emotional state!

Repeat often.

Post us on how you did- Facebook/mostlife